COPE FORUM
Cambridgeshire Older People's Enterprise

Newsletter No.61 **November/December 2009**
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An independent and voluntary Forum, for 50's and over
(This Newsletter is on our website please contact Rhona if you prefer to read this on the web and not receive a paper copy)

Dear Member

As this is the last Newsletter for 2009, I would like to wish all our members the Compliments of the Season.

It has been another year of expansion and we are continuing to reach out through the County and hopefully we shall be able to do this in co-operation with Age Concern Cambridgeshire in the not too distant future.

I must repeat thanks to all those members and friends who have been kind enough to enquire about my wife's progress. Jean is still in Addenbrooke's Hospital and is trying hard to get fit enough to come home as soon as possible.

Our Vice Chairman, Bill Spalding, is making progress and we hope he will be able to return to us at some time in the future. We certainly all wish him well and our thoughts are also with his wife, Fran.

For those who do not know, I am pleased to tell you that Rhona and Robert have become "grandma" and "grandad" for the fourth time. This time its another girl, so now they have two of each!

Please let us know if you are aware of anyone who is unwell and would like a mention, and, equally let us know of any happy event or occasion in which we can share in YOUR Newsletters.

Best wishes
Maurice Garner, COPE Chairman

☺ **Newsflash**: COPE working in partnership with **Richmond Coaches** on theatre trips – **Thursday 11 February** - **Billy Elliott** at the **Victoria Palace Theatre** – **Book Now** (see last page)

New report proves **means-testing and pensioners don't mix**. COPE supports The National Pensioners Convention (NPC) in calling on government to agree that their policy of means-testing the country's older population has failed to end pensioner poverty. The latest official figures from the Department for Work and Pensions also highlight how ineffective the means-tested Pension Credit has been at tackling pensioner poverty: There are up to 1.7m pensioners who are eligible, but do not receive the Pension Credit (ENR - eligible non-recipients).

The NPC's own research offers a number of reasons as to why pensioners are reluctant to make a claim, including: Feeling that the process of claiming is demeaning; Being unaware of the rules and/or a belief that they are ineligible to claim; An unwillingness to disclose personal information; A complicated and off-putting claiming process

Dot Gibson, NPC general secretary said: "What older people want is a decent state pension which is set above the poverty level of £165 a week and rises each year in line with earnings."

Office work is not everything in life

"OUR STRENGTH IS IN OUR NUMBERS" - 1

Happy Birthday to our older and wiser members for the month of November

David Howarth, Jenny Bailey, Ian Tyes, Rachel Talbot, Daniel Zeichner, John Woodhouse, Ila Chandauarkar
Shapour Meftah, Lileth Warford, Geri Bird, Audrey Philp, Lyn Lawson, Joyce Goddard, Nancy Wilderspin
Norman Griggs, Marion Wadham, G W Ball, Wendy Peers, Pamela Yates, Shirley Florence, Jeannette Stocking
Margaret Cowling, Ann Toulmin, Mr Pearl, Pat Storey, Maisie Heaney, Anne Janowski, Nicholas Hellawell
Kelvin Harris, Mrs A Easey, Helen King, Don Flory, Sheila Taylor, Dawn Mabbutt, Margaret Edwards
Harold Shelley, Gladys Hayhoe, L King, Mark Lung, Douglas Taylor, Mrs M Hopkins, Margaret Beardmore
Jean Fordham, Stephen Andrew, Ron Hall, P A Gopal, Mary Orris, Lilian Hutchison, Margaret McWilliams
Julia Morton, Sheila Hague, Anne Tuite, Diane Jolley, Mary Buddle, Amelia Everitt, Jane Stephen-Halliday
Mildred Wood, Louise Osborne, Jane Clewes, Ruth Minns, Mrs D Morley, Kathleen Hallam, Diarmid Mackenzie
Yvonne Wisbey, Ron Spathaky, P Allen, J H George, Brian Kember, Valerie Berkson, Ellen-Grace Halsall
Susan Carlyle, Mollie Bourne, Mrs V Mills, G Stokes, Linda Scott, Shirley Phillips, Gwendolen Williams
Jennifer Ryall, Erica Humphries, Renee Evans, Mr A Shipp, Ann Horvath, Joan McCann, Selma-Louise Mitchell
Dorothy Gardner, Joanne Flood, Hazel Smith, Philip Read, Shay Lettice, Janet Trotman, Mrs G Humphreys
Dorothy Bailey, Miss M Taylor, E Henderson, Reuben Dry, Mr J Poulter, R Stonebridge, Francis Carpenter
Sally Hall, Mrs M Mason, Betty Giffen, Marie Purr, Clare Morgan, Donald Harvey, Michael Theobald
Marian Beeby, Rose Reynolds, Carol Fenn, Anne Wick, John Ireland, Elizabeth Bond, Vivienne Lloyd
Margaret Huntley, Margaret Shelley, Beryl Mace, Roy Luff, Philippa Hill, Barbara Blows, Dorothy Fitzjohn
Peter Cornwell, Betty Haylock, Mrs L Kent, P Fossey, Shirley French, Gill Griffith, Jeremy Greggain
Janet Marshall, Alfred Woodbine, Arnold Fox, Gill Crisp, Denis Bishop, Gillian Stretch, Kenneth Whybrow
Cheryl Barden, Isabel McKeown, Jean Novak, Keith Overall, Andrew Gates, C J Millross, Doreen Rackham
Susan Edwards, Joy Northrop, W G Treeby, Olive T aylor, Rita Spaxman, Cynthia Welsdale, Michael McEwan
Mrs J Horton, Stella Shapiro, Chris Jakes, Vera Barker, Brian Sleap, Eileen McEwan, J Williamson
Brian Freeman, Janice Hay, David Hart, Pat Bennett, Andrew Westwood-Bate

And now Happy Birthday to our older and wiser members for the month of December

Andrew Lansley, Rhona Boorman, Mike Hewins, Nigel Davies, Eta Sanderson, Patricia Kelman, Geoffrey Heathcock
Lavinia Edwards, Barbara Flack, Maria Haynes, Alison Pegrum, Eithne Jackson, Janet Rothwell, James Hutchinson
Gerald Collins, Christine Sillett, Mrs C Buch, Mary Halsey, Betty Milnes, Jennifer Jones, Margaret Stephens
Denis Edwards, Denise Wrigley, Mary Burdett, Ann Childs, V Spaxman, Dorothy Black, Cherry Heywood-Jones
Syd Turkington, Janet Woodbridge, M Arnold, Derek Clarke, M Towler, Ruby Leyshon, Shirley Allanson
Evelyn Muench, Joyce Abraham, Ann Dingley, Audrey Rodway, Vivian Jackson, Jean Pettengell, Bingrong Reynolds
Janet Pearson, Mrs B McCrystal, Keith Jackson, Muriel Bye, Rose Wiffen, Sheila Howard, Rev Richard Buddle
Mrs M Sayer, Elizabeth Tatham, Peter Watts, Helen Dykes, Peter Dykes, Margaret Gates, Carol Chambers
Isobel Sharkey, Janet Starling, Dora Gale, Ella Smith, Susan Hunt, Dulcie Peters, Mrs J Billinghurst
Geoffrey Hawes, Susan Toates, Mary Dacres, Myra Yick, Lesley Barham, Robert Shelford, Margaret Claydon
Carol Mackenzie, Siobhan Branagh, Fred Payne, Mary Cowell, A Cromley, Joy Leggatt, Derek Wilderspin
Robin Wallman, Kath Spathaky, Cecil Carey, Harry Terry, Carole Hillen, Gillian King, Derek Brightman
Linda Collumbell, Mrs G Davisone, Susan Imrie, Molly Glass, Margaret Bate, Barbara Crothers, Peggy Chamberlain
Pete Wickham, Valerie Pinchon, Leslie Brown, John Swann, Audrey Morgan, Carol Holmes, Michael Gawthrop
Michael Draper, Patricia Channell, Tibor Horvath, Carol Hinde, David Beynon, Janet Hinde, L Shirling-Rooke
Mrs A Kelsey, Denise Bendall, G Cooper, Mrs Lincoln, Mrs D Pilsworth, Derek Cowling, Pushpa Bharadwa
Colin Barkham, Noreen Jones, Betty Shipp, Kate Grillet, Heather White, Annette Cowell, Heather Chisholm
Robert Lowthian, Mary Butcher, Peter Morgan, Anne Harris, Julie Brown, Edward Boyce, Gwendoline Lait
Shahani Madhu, Mo Brittain, Ms J Cantle, Peter Wright, George Willis, Mrs D Peachey, Maureen Olday
Marion Ward, Valerie Ralph, Mary Coupe, Roy Clarke, Robert Spaull, Pauline Hunt, Margaret Phillips
Godfrey Sheen, Daphne Coburn, David Swann, David Taylor, Mrs H Gray, Ailsa Russell, Angeline Walters
Brenda Cooke, Georgie Pitt, Helen Collins, T Daly, Mrs M Payne, D Greenwood, Margaret Czajkowski
Betty Sheldrick, P Holmes, C Gould, Eve Cassidy, Hugh Jarman, Gillian Perkins, Michael Dobbie
Ethel Drake, Mrs J Starling, Balbir Datta, Reg Wenn, Mary Wood, Jean McCombie, Miss A Hammerton
William Cooper, Eng Moy Winter, Johnnie Ryan, Mary Wood, Pamela Harper, Rex Fulcher, Pauline Wheeler
Michael Brown, V Johnson, Roger Storey, C Peacock, Angela Pollard, Pauline Brown, Mrs P Langham
Carol O'Connor, Sylvia Croucher, Derek Thorn, Eva Shaw

Did you Know ~ ~ ~ ~ from ***Margaret Hobbs***

- Pollution is falling at its fastest rate for 40 years
- Aluminium salts have been linked to Alzheimer's and Breast cancer
- Honey bees guide themselves by the position of the sun
- In days gone by greasy dishes were often cleaned by rubbing ash on them. If you rub wood ash on greasy plates you make soap
- A study by Quality & Safety in Health Care says that drug errors put 70% in care homes at risk
- Postmen have been accused of deceiving customers by leaving "sorry you were out cards" – failure to appropriately deliver would constitute a breach of Royal Mail's licence.

Price Watch: from April 2009 NHS Dental charge up from £15.90 to £16.50

"OUR STRENGTH IS IN OUR NUMBERS" - 2

Christmas 2009 Search from **Brian Halls**, Bar Hill - the first person to send in a **correct entry** in this Christmas quiz will receive a **£10 cheque** donated by Brian himself.

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	N						K	
C								R

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REL RIS SNO	TER TLE TOB	TOE TRI WFL

Solutions from the **Rivers** quiz in the October Newsletter: Anchorage, Captaincy, Crosswind, Driftwood, Maelstrom, Outrigger, Promenade, Shipwreck, Yachtsman

Eta Sanderson's Food corner – **Mulligatawny Soup** (suggested by Jean Stevens)

Ingredients:

2 tbsp olive oil	1 large onion finely chopped	2 pints vegetable stock
2 large carrots	4 oz lamb fillet, diced	2 tbsp mild curry paste
2oz basmati rice	1 potato diced	small bunch chopped fresh coriander
Salt	1 parsnip, diced	Freshly ground black pepper

Method:

Heat the oil in a large saucepan and add the onion. Cook for 3-4 minutes, until softened, then add the carrots, parsnip, potato, ric and lamb and cook for one minute. Stir in the curry paste, then add the stock and mix well. Season with salt and freshly ground black pepper. Bring to the boil, then reduce the heat, cover and simmer for 30 minutes, or until the vegetables are tender. Pulse a hand blender in the soup a couple of times to puree it slightly, then stir in the coriander. Ladle the soup into warm bowls and garnish with a few coriander leaves.

Micro waved water and other liquids do not always bubble when they reach boiling point. Do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before moving it or adding anything into it.

Wash all **cans** of drink before drinking out of them – a study at New York City University showed that the tops of all cans are more contaminated than public toilets i.e. full of germs and bacteria

Trevor's Corner

Quite an eventful week (28th Sept to 3rd Oct) – did a stint with Georgie Pitt and Margaret Coles on Radio 209 on Tuesday; on Wednesday attended a South Cambs (Cambridgeshire Celebrates Age) event at Swift's Meeting Room, Fulbourn, picking up some new COPE members. Did a concert with the Chestnut Choir at Cherry Trees on Thursday, then Brookfields and Michaelhouse on Friday and finished off with manning again with Georgie – a human fruit machine (!). At Wandlebury's Orchard Day on Saturday volunteering - If you take it seriously and I do, can be hard work but very rewarding.

I believe in loyalty – when a woman reaches a certain age she should stick with it – Eva Gabor

She was a handsome woman of 45 and would remain so for many years – Anita Brookner

Why is lemon juice made with artificial flavour and dishwashing liquid made with real lemons?

"OUR STRENGTH IS IN OUR NUMBERS" - 3

News from Cambridgeshire County Council

Grandparents will be interested to read that the inspectors from OfSTED praised the authority's 'robust' self-assessment procedures in **children's services.** The advice and support given by managers, and the quality of the casework delivered was good.

People throughout Cambridgeshire are being asked to have their say on County Council long-term proposals for transforming **adult social care** in the county. There are two big issues which are driving forward significant change to services which will need to be made to sustain high quality care support and services. One is public demand for services which fit with their lives and do not take a 'one size fits all' approach.

Cambridgeshire Direct is named as one of UK's top 50 call centres for customer service.

David Proud a new character in EastEnders was born with spina bifida and cannot walk unaided. He plays a **disabled character** in the soap where the focus of his storyline is not on his disability. David says that not all disabled people are nice - people are people. If you can learn to love what you have and learn to live with it then you can overcome it - the world isn't accessible and it's important that the set highlights this for my character. e.g. the height of the Queen Vic bar.

Gerald Collins, Hartford emailed: "I had thought of moving into one of the new retirement villages, where we would be among our peers with access to people. Able to take advantage of the social activities these villages provide.
Is there a place for this type of development where the private developer is responsible for funding the scheme, charging normal commercial fees for those who can afford them, whilst a proportion can be set aside for the local authority to place those who are able to be basically independent, able to enjoy the private type facilities, thereby avoiding the institutionalising element when only local authority/governmental authorities are solely involved ?"

Silver Surfers Beware! A warning from **Robert Sanderson**

A number of companies offer free trial period for their product on the Internet. After reading an article in the Which Magazine, I installed Symantec Norton Internet Security on a three months free trial. Towards the end of this period owing to various reasons I have declined to take out an annual subscription and un-installed the programme following the on screen instructions. Unfortunately the Symantec programme left two "Mini Ports" blocked, cutting off my Internet access and e-mail. The service provider, Virgin, tested the connections and came to the conclusion the fault was in my PC and recommended to seek professional help. It has taken a highly qualified programmer about twenty minutes to sort out the fault. Since then I have learned of another case where the unfortunate user had to foot a bill of £200 to sort a similar problem caused by Norton Internet Security. So, be warned.

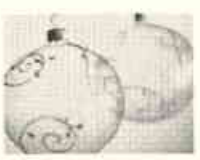
In response to an email from **Robert Boorman** requesting information on the possible reduction of wardens in sheltered accommodation in South Cambridgeshire. **Steve Hampson**, Executive Director at SCDC wrote:

"Thank you for your e mail. The review of the sheltered housing service follows as a direct consequence of the outcome of the tenant ballot in which tenants expressed a very clear view that they wished to remain tenants of the Council even though its resources to provide housing services would reduce in future.

I can assure you that Stephen Hills and his team are looking at all aspects of the housing service in order to reduce costs, but as a significant spend area then sheltered housing needs further attention. There have already been discussions with sheltered housing tenants through our sheltered housing forum and no decisions have been made yet. It is intended to set out firm proposals to the Housing Portfolio Holder in October."

COPE member, **Audrie Reed**, will inspire you with ideas on how to capture your own or your family's story in an amazing keepsake album to treasure. These fun and easy workshops start January 2010. Held on Saturdays in Impington from 10-4pm. Cost £60 (including fabric covered album with protectors and beautiful scrapbook supplies) Call Audrie on 01223 575197 to book your place.

Why is the time of day with the slowest traffic called the rush hour?



News, views and generally accepted interesting facts in Brief

♦ **Osteoporosis** particularly affects women after the Menopause and it is estimated to be responsible for 180,000 bone fractures in England and Wales each year.

♦ **Codeine** should only be used for acute pain, as addiction can happen after taking the tablets for just three days continuously.

♦ **Retinopathy screening** is the service provided to detect diabetic eye disease early before vision is affected. Treatment, if required, is most effective at this stage.

♦ Australia's exhausted **doctors** are told to drink more coffee.

♦ Scientist claim that a **shower** a day may be bad for your health because they deliver a cloud of germs into your face and lungs and could result in dry coughs and general ill health - showerheads were breeding grounds for bacteria. Run the shower for a few minutes, before stepping under it.

♦ People are never too old to **start exercising**, according to scientist whose research suggests that adults who begin to work out in their later years live longer. The benefits of exercise were also found to include more independence, less loneliness and better general health.

♦ Does **brain training** actually work? Recent research suggests that the scientific evidence is lacking.

♦ One in 3 people over 65 will die with dementia (of which the most common form is Alzheimer's disease). **The Alzheimer's Society** is doing their best to raise the profile not only of this currently incurable condition but also the measures that can be taken to lessen its effects and the importance of correct care for people affected.

♦ **Rural GP surgeries** could be threatened by the abolition of practice catchment areas says the Chairman of the GPs committee of the British Medical Association.

♦ 'Fit as a fiddle' **dance classes** in Cambridgeshire designed to be inclusive of ability, mobility and experience for all older people. Staying active in older age helps improve and develop strength in your muscles, stamina, co-ordination and balance. Strong muscles in the legs help maintain good balance and minimise the risk of falling. Exercise can be a way to socialise with others and can help to alleviate feelings of loneliness and depression. For more information telephone Claire Smith on 01487 849912.

♦ **Pensioners** are healthier in old age than stereotypes suggest – today's 60 year olds have the lifestyles that 40 year olds had a century ago. A Department of Health spokesman said "More of us are living longer – life expectancy is going up and advances in medical science mean that people with a disability are living longer – it does mean we need to radically change the way care is provided.

♦ Nearly one in three over 65's in Britain are living in poverty and nearly two fifths of all pensioners are struggling with the rising cost of living such as increased food, council tax and fuel bills. Nearly 2 million pensioners do not claim **Pension Credit**, despite being eligible, because they find the process complicated, demeaning and intrusive. Wendy Rolfe at DWP can help and advise – tel: 01223 545382

♦ The **over 50's** are not a homogeneous group, we differ widely in our levels and patterns of spending, according to age, income, household composition and so on.

♦ Campaigners say that the threatened national **postal strike** would throw the pensions and benefits system into chaos. Many are old and disabled and not able to collect their payments, particularly in rural areas where Post Offices are few and far between.

♦ Yvonne Hossack, a **campaigning solicitor** who acted in good faith to save care homes from closure has been cleared of professional misconduct.

♦ The rise in the number of people paying **top-up fees** indicates that in some areas it is impossible to find a suitable care home at the local authority price.

♦ One in four is mistaken about "**free care from state**" in old age. All care is means-tested and anyone with assets above £23,000 will pay some costs.

♦ If you were born on September 27th 1949 or earlier you should get the £250 **winter fuel payment**, and if you were born on September 27th 1929 or earlier you will get £400. By winter 2020 the qualifying age will be 65.

FOR SALE BY OWNER: Complete set of Encyclopedia Britannica, 45 volumes.
Excellent condition. £500 or best offer. No longer needed.
Got married last month, Husband knows everything.

♦ Out of date **cosmetics** that languish at the bottom of women's make-up bags can be a health hazard said Mintel, the research group – out of date mascara and eye pencils can cause infections.

♦ **Vehicle littering** most often involves cigarette butts, chewing gum, drinks containers, fruit peel and fast food packaging - with taxpayers footing the bill to clear it up.

♦ Are you looking to extend your work with a laptop and a year's free broadband? If so, you could apply for a **BT Community Connections** award - http://www.btcommunityconnections.com/

♦ Burglars are targeting the homes of **pet owners** because they are least likely to activate their household alarms.

♦ Light fittings and television sets are among the items targeted by **light-fingered hotel guests** this year according to research by Telegraph Travel.

♦ In a survey of 10 European countries uSwitch.com states that the UK is the worst for **quality of life**.

♦ The exploding bubbles give **champagne** its unique flavour – too much fizz may irritate a drinker's nose and too little and some subtle flavours will be lost.

♦ The ornamental singing fish, shell suits and SodaStream drink machines feature on a new list of the **biggest fads** that failed the test of time!

♦ Wildlife experts have warned that the recent weather will see a greater than usual influx of **spiders** in the home this autumn. Without spiders we would be overrun with flies and other pests.

♦ The Royal Society for the Protection of Birds say wind farms can reduce **bird** numbers by up to half.

♦ **Cheque guarantee cards** will be phased out within two years following a sharp fall in their usage.

♦ **Isis Publishing** Oxford publishes large print books – freephone 01865 250 333 or try 01763 252687.

Please visit the neighbourhood watch website at: www.**neighbourhoodwatch**.net and if you have not already done so, why not register for more information.

- If you have a garage or driveway then please use it, if not then park your vehicle in a well lit area as this will deter opportunists who tend to cause criminal damage or break into vehicles in areas where they are least likely to be seen.
- Keep valuables (especially electronic equipment – Sat-Navs and stereos) and possessions out of sight or even better take them out of your vehicle when you have finished using it. Security mark any valuables you frequently take in your car.
- Consider security devices i.e. alarms, electronic or mechanical immobilisers. Have your cars registration number etched onto all glass surfaces, including the headlamps.
- Keep your car keys safe, remove the key and lock all doors when leaving your vehicle unattended. It only takes a few seconds to break into!
- Theft resistant number plates that conform to the DVLA (Driver and vehicle licensing agency) or a cheaper way would be to replace the existing screws fixing your number plates with ones that cannot be unscrewed.

If you see anyone or anything suspicious please contact Neighbourhood Watch as soon as possible.
Environmental Health - If you suffer from noisy neighbours who are constantly playing loud music you can contact Environmental Health at your District Council, who will provide advice on how to sort the problem out. An Environmental health officer (EHO) has the power to enter any premises and seize equipment, which is being used to play load music.

The Research Group elected a new chairman, **Ian Tyes**, who started by thanking out-going chairman, **John Hipkin**, for his excellent work in establishing and running the group for the last 3 years. Tasks for the next three months include asking for member's experience of retirement age, Care Homes, Discharge from Hospital, post-operative care at hospital and COPEing alone. Keep an eye out on this column for questions as **we need your opinions**! We are also looking for members who have a particular interest in End of Life Care and the forthcoming changes in social care to inform other members and ask questions of members, so if you want to help, please let me know. We have produced nine leaflets so far covering Housing, Elder Abuse, Homecare, Public Transport, Bereavement, Personal Safety, Medication, Benefits, Pensions and Useful Telephone Numbers. We are open to new ideas, please let me know (01223 574394) or come along to our next meeting at the Carlton Arms, 3pm Saturday January 23rd.

Why don't you ever see the headline "Psychic Wins Lottery"

News from COPE in the City of Cambridge (Rhona Boorman)

- **NHS Cambridgeshire**, the trust that recently attracted criticism for closing a continuing care ward at Brookfields Hospital and a mental health unit as Wessex Place, has warned it may have to save £25 million next year.
- Fourteen **bronze sculptures** in the form of stacks of books, created by Harry Gray who works from The Carving Workshop in St Philip's Road, have been unveiled at Cambridge University Library. Each book on the four central columns moves and rotates independently – and you have to move the books to discover the title of the artwork.
- A former health service manager has made history by becoming the first **female head porter** at a Cambridge University's Selwyn College – Helen Stephens ends 800 years of tradition.
- **Cyclists** may be allowed to ride in both directions along one-way streets, if a pilot project for the Royal Borough of Kensington & Chelsea proves to be successful.
- The much anticipated return of Cambridge's **Central Library** finally arrived on 29th September! Go try out their new hi-tech audiovisual facilities and three floors of revamped wonder.
- Cambridge Preservation Society has renamed itself – Cambridge Past, Present & Future **(PPF)** and intends to campaign vigorously to protect the environment of the city and surrounding area.
- The new Cambridge **Magistrates' Court** (within the Grand Arcade shopping centre) was officially opened by Lord Fairhaven
- The new **bells of Great St Mary's** (the Cambridge University church) were installed in July
- Trinity College, the richest college, has bought the land on which the **O2 Areana in London** sits, for £24 million.
- A £23 million **mental health research centre** at Douglas House, Trumpington Road has been opened. The centre will investigate mental health among adolescents and the onset of dementia in the elderly over the next five years.
- Self directed support across older people's services will be implemented for people over 65 from January

Tel: **Rhona** on 01223 364303 with your interesting snippet

News from COPE in Fenland (David Jordan)

- The **Council's Archives** and Local Studies team has obtained papers, which give details of one of the greatest engineering triumphs in the county - the draining of the Fens. The principal papers concern the involvement of Sir Miles Sandys in the Fen Project of 1600-63. Sir Miles, First Baronet (1563-1645), of Wilburton within the Isle of Ely, was deputy governor of the Bedford Level Corporation, and as such was a key player in the fen drainage project.
- 80 volunteers joined an **archaeological dig** to help uncover the history of the lost Bishop's Palace on the historic Wisbech Castle site.
- Self directed support across older people's services will be implemented for people over 65 from October

Tel: **David** on 01354 655786 and tell him what you think COPE in Fenland can do to help.

News from COPE in East Cambs (Nigel Davies)

- The new state-of the-art **indoor recycling centre** in Witchford, is set to open in autumn 2010. The facility will be split level, which means residents won't need to climb steps to dispose of their waste, indoors and made of sustainable materials with a 'green roof'. It will replace the Grunty Fen recycling centre, which currently deals with over 6,000 tonnes of residents waste every year.
- The District Council is looking to encourage new companies to set up in the area with the launch of a **new website** www.investeastcambs.co.uk Companies such as Turners, DS Smith and JDR Cable Systems Limited are now based in the District.
- GB Innomech, an Ely based company specialising in the development of **advanced automation** systems for pharmaceutical, medical devices and environmental sectors, has received the Queen's Award for Enterprise 2009.
- Ely was awarded the **High Silver Gilt** Award in this year's Anglia in Bloom Competition. There was also a special award, won by Jubilee Gardens, which was judged to be the Best Sustainable/Drought Garden.
- The deadline for making comments on the **Draft Ely Masterplan** is 16th November 2009.
- The £2 million proposed Community Centre in **Isleham** will incorporate a multi-purpose hall, a conference meeting room, catering facilities, changing rooms, office accommodation, plus a children's indoor play area. The project is being overseen by Isleham Community Association, on behalf of the Parish Council.
- The community facilities at the **Mepal** Village Hall have been completed.
- Ely **Stained Glass** Museum lectures in November – tickets from Museum or at door.
- The fire at Murfitts recycling plant in **Littleport** has been put out after 49 days. 2,000 tonnes of shredded rubber products caught light on August 21st.
- Self directed support across older people's services will be implemented for people over 65 from November.

Tel: **Nigel** on 01353 721037 with your news

Thinking is the best way to train our brain,lacking in brain stimulation thoughts may cause brain shrinkage

"OUR STRENGTH IS IN OUR NUMBERS" - 7

News from COPE in Huntingdonshire (Gerald Collins)

- A process, which will lead to the management of **Hinchingbrook** Hospital being franchised, possibly to the private sector, has started. Members of the stakeholder panel, set up to represent the interests of local people, will hold six meetings in public up to January 2011 while the franchising arrangements are made. Did anyone attend the meeting in September? Next date is 26/11/09 and then 25/02/10
- Hunts Mind is to launch the **Well@Work** project at its offices in Brampton.
- Record numbers of people have flocked to use Huntingdon's new **Library and Archives Centre** since it opened in June. The library has clocked up an amazing 1,000 new members and lent out over 30,000 books in its first few weeks - a rise of 37%.
- Building work on the new £3 million state-of-the-art **indoor recycling centre** for St Neots has been put into sharp focus with a new web camera. Residents can click onto "trash-cam" at http://cctv0992.herongrange.com/view/index.shtml to check on the progress of work on the new facility, and when the site is fully open, they can check how busy the site is before they visit it. Internet users can also pan, tilt and zoom in on what's going on around the site.
- The **Bargroves Centre** in St Neots is being relaunched as a multi-purpose centre providing services for children and young people. Provision for care for adults with mental health issues have been made by hiring accommodation in both St Neots and St Ives.
- A dispersal order to combat anti-social behaviour has halved the number of incidents in parts of **St Neots**.
- The new **Stagecoach** bus routes show a large area that now does not have a bus service nearby. Contact Ed Cameron for more information – Cameron@stagecoachbus.com
- Self directed support across older people's services will be implemented for people over 65 from November.

Tel: **Gerald** on 01480 370808 with your views

News from COPE in South Cambs (Margaret Hobbs)

- Birth rate in **Cambourne** is growing faster than in China, India, Indonesia or Brazil. It is only surpassed by countries in Africa, such as Niger.
- Work on the £1.5 **Jeavons Wood Primary School**, the third primary school, in Cambourne started in February. It is now able to accommodate up to 120 pupils in temporary accommodation. The permanent school will be able to cater for 210 pupils initially.
- **Donarbon's** new Mechanical Biological Treatment (MBT) plant in Waterbeach, will manage Cambridgeshire's waste. It includes a hall where residents black bag waste will be composted to produce a material that can be used to grow non-food crops and for quarry restoration.
- Cambridge **Cancer Help** Centre, a new support centre for cancer patients, in Great Shelford, has been formally opened by the Duchess of Gloucester. Different Strokes, the support group founded in 2005 is also based here.
- **Litter** will be left unpicked & grass left to grow as the fallout from SCDC cash crisis deepens.
- 32 one-bedroom and 8 two-bedroom apartments are being developed at **Linton** for an affordable rent - the apartments are designed for older people. If interested you will need to be on the housing register – contact 03450 450 051 for details
- Level two out of five was reached in June 2009 of the **National Equality Standard** for Local Government. The Equality Standard is based on the idea of equal life changes and helping councils to develop an equal society for the community, which it serves. For more information contact Paul Williams on 03450 450 500 or equality@scambs.gov.uk
- Help for **small business** – for information call 03450 450 064.
- **Lode Mill** at Anglesey Abbey is getting a facelift after it was rotted by water & gnawed by rats
- A £5 million centre has opened at **Landbeach**. The Discovery building at the College of West Anglia Milton campus boasts a dog-grooming parlour, laboratories & teaching rooms.
- People in **sheltered housing** in South Cambs have submitted 1,000-name petition against plans to axe their wardens.
- In some areas where people are unable to access **public transport** South Cambs are now looking at a Community Transport Plan – getting you from A to B. For info tel: 03450 450 500.
- Self directed support across older people's services will be implemented for people over 65 from January.

Tel: Margaret on 01954 210652 with your news update

Road sign in Norfolk – "cats eyes removed"

Self-Directed Support provides social care to adults living in Cambridgeshire, who are eligible for support. It involves a Personal Budget and allows you to purchase your own care.

In an emergency, when a life is in danger, or there is a risk of violence, or serious injury, or when a serious crime is being committed please call 999. For all non-emergencies, general enquiries and to report crime please call 0345 456 456 4. To give information anonymously about crime, please call **Crimestoppers** on 0800 555 111. **If in doubt – keep them out** – use a security door bar or chain – insist on Identification – never keep large amounts of money at home – never buy goods or services from uninvited sellers at your door or on the telephone.

Money saving tips in Winter – to protect outdoor taps make sure you shut off the valve to each tap and drain off any excess water. Then insulate each tap by wrapping it with a few sheets of newspaper covered with a plastic bag. Keep the bag in place by wrapping it with a few rubber bands. For more money saving tips visit:
www.telegraph.co.uk/finance/personalfinance/consumertips

Silver Lining – a radio programme of chair-based exercises and music of a bygone era geared to the housebound. It can be found on 209radio 105 FM every Tuesday from 10.00 to 11.00. It is produced by **Margaret Coles**, a retired physiotherapist assisted by **Trevor Grigg**, **Georgie Pitt**, **Malcolm Johnson** and **Gerry Hulford**, all COPE members. Please spread the word around to friends & family.

Cambridgeshire Community Services (CCS) wants to become an independent NHS Trust from April 2010 and seeks your support for the future organisational structure of community-based health and social care services. Send any questions or comments by 11/11/2009 to Karen Mason, Head of Communications & Engagement, Cambridgeshire Community Services, The Priory, Priory Road, St Ives, Cambs PE27 5BB or phone 01480 308219 or email karen.mason@cambridgeshirepct.nhs.uk

Doreen and Johnnie Ryan represented COPE at the pre-view of the opening of the Cambridge Library

James Lee reports: "On the 3rd floor of the Cambridge central library at the Lion Yard, they will be running a 6-hour computer course for senior citizens who would like to learn to use the computer. The course is spread across three sessions of 2 hours each. Anyone interested can go and sign up for the course. Just turn up and start the course when you are ready. The café is on the same floor."

The COPE Stuffing Team, unfortunately Alice Zeitlyn, who provides the milk for our coffee each month is not in the photos - David & Carol Bailey, Doreen Ryan, James Lee, Jenni & Tony Jenks, Ina Ranft, Margaret & Barry Hobbs, Ted Knock, Jenny Taylor, Lyn Lawson, Nita & Jim Haskins, Wendy Waters, Eta & Robert Sanderson, Brian Walker and Tony Brotchie.
The team take over Rhona & Robert's home!

**I've often been asked, 'What do you old folks do now that you're retired'?
Well....I'm fortunate to have a chemical engineering background, and
one of the things I enjoy most is turning beer, wine, Scotch, and margaritas into urine**

Your COPE Executive wish you a Merry Christmas and a Happy New Year

Maurice Garner - COPE Chairman
Maurice is a former Mayor of Cambridge and a member of the newsletter editorial team; trustee of Age Concern Cambridgeshire, President of Cambridge St Raphael Club, Governor at Mayfield School Cambridge, Papworth Hospital visitor, serves on Papworth Hospital Patient Experience Panel and is involved in several other local organisations. Maurice speaks to groups and the media on behalf of COPE, is a delegate for COPE at meetings of voluntary sector organizations.

Bill Spalding - COPE Vice Chairman
Bill is chairman of National Pensioners Convention Eastern Region and Chairman of Cambridgeshire Older People's Reference Group.

Rhona Boorman - COPE Secretary
Rhona puts together all the material for the Newsletters - ready for the editorial team and the Printers. She is a member of the team of voluntary stuffers for newsletter distribution and the main COPE photographer. She maintains the database of members and organises events and activities; books speakers and venues; deals with day-to-day administration, correspondence and maintains the COPE website. Rhona is COPE delegate to Cambridgeshire Older People's Partnership Board and Cambridgeshire Older People's Reference Group.

Robert Boorman - COPE Treasurer, deputy Vice Chairman & Spokesman
Robert is a delegate to the National Pensioners Convention, Member of the Cambridgeshire Committee of Help the Aged, is a delegate for COPE on the Public Transport Steering Group of the City Council and the Rural Passenger Transport Scrutiny Committee at Cambridgeshire County Council; Active member of Cambridgeshire LINk, attends and speaks at Council meetings and reports issues in the Newsletter. Speaks to groups and the Media.

Gerald Collins, Hartford (Huntingdonshire)
Gerald, a retired senior Manager at Kier, was responsible for all purchases of equipment and materials from around the world, requiring him to travel worldwide. Having recently moved to the Huntingdonshire area he needs something meaningful to fill his day - hopefully COPE will be that vehicle. He represents Huntingdonshire on the Executive.

Nigel Davies, Wicken (East Cambs)
Nigel, a retired Chartered Surveyor, is currently Chairman of Ely 41 Club (retired Round Tablers) and has recently been elected to the National Executive of 41 Club. He is the delegate representing East Cambs on the COPE Executive.

Jean Garner
Jean is a former Mayoress of Cambridge and a member of the Newsletter editorial team and helps organise local events and fundraisers.

Trevor Grigg, Whittlesford (South Cambs)
Trevor is a member of Cambridge Past, Present & Future **(PPF)** and on the Wandlebury committee. He leads on the COPE's Healthy Walks programme. Trevor is the COPE delegate on the Friends of Fulbourn committee.

Brian Hawes
Brian is a delegate to the National Pensioners Convention Eastern Region and Chairman of The TGWU Retired Members Association.

Why is 'abbreviated' such a long word?

"OUR STRENGTH IS IN OUR NUMBERS" - 10

Margaret Hobbs, Caldecote (South Cambs)

Margaret is the delegate representing South Cambs on the COPE Executive. Margaret sells Raffle tickets at events and is in the Newsletter Stuffing team. Margaret is a delegate for COPE on the Bus Users Consultative Forum at the County Council and other meetings of interest to members and reports back in the Newsletter.

David Jordan, March (Fenland)

David is Chairman of the Mental Health Trust Task Group of Cambridgeshire LINk (Cambridgeshire Local Involvement Network) and Chairman of the Cambridge and the Peterborough & Fenland Rethink Carers Groups. He represents Fenland on the COPE Executive.

James Lee

James, a qualified accountant, is a member of the Cambridge Chinese Community Centre and he helps with the monthly Chinese Birthday lunches for COPE members.
James was the *Head of the Lion* in the Lion Dance at our AGM last year.

Diana Minns

Diana is chairman of the Cambridgeshire Celebrates Age partnership

Dorothy Runnicles

Dorothy is a delegate for COPE on Cambridgeshire Celebrates Age, on which COPE is a Partner. Dorothy reports on actions from the Eastern Region Older People's Advisory Group

Robert Sanderson

Robert organises the catering for the Forums and also mans stalls as part of our membership recruiting team and is another newsletter stuffer! Robert also attends meetings of interest to COPE members and reports back in the COPE Newsletter, which he proof reads before it goes to print.

Ian Tyes

Ian contributes to Newsletters and is the COPE Research Group Chairman. Ian is a solicitor and a volunteer with the Citizens Advice Bureaux and is particularly interested in discrimination matters, which is very helpful to our aims.

Stephen Webster

Stephen Webster is a retired consultant geriatrician and general physician and advises COPE on health issues. Stephen is also President of Age Concern Cambridgeshire.

Alice Zeitlyn MBE

Alice organises the cake makers and craft stalls at COPE events, helps with newsletter stuffing and mans stalls on behalf of COPE. Delegate for COPE at Camtad and Camsight. Alice also attends meetings of interest to COPE members and reports back in the COPE Newsletter.

Congratulations to **Gerald Collins**, **Nigel Davies** and **Trevor Grigg**
for increasing COPE membership in their respective districts.

Never use your mobile phone while it is charging and hooked to the electrical outlet

COPE in **East Cambs**

I should be happy and you should be happy
Thanks so much for C.O.P.E
We will greet you and we should meet you and
Thanks so much for C.O.P.E
I could be very sad and you could be very sad
That is not the way it should be
Just think of C.O.P.E

The above lyrics were composed and sung by the children from Fordham Primary School at our COPE launch in East Cambs in early July.

Monthly Birthday lunches for members celebrated at the **Cambridge** Chinese Community Centre

Valentine Day walk at Fulbourn, **South Cambs**, followed by a pub lunch

Good Companions at Chatteris, **Fenland**, listening to COPE spokesman, Robert Boorman

The Caresco group at Sawtry, **Huntingdonshire** being informed about COPE by Gerald Collins and Robert Boorman

COPE members celebrating **International Day of Older People** – A **Big thank you** to **Cambridge Building Society, Help the Aged Cambridgeshire, Freddie and his Jazz Band** and **Tarquin from the Riverboat Georgina** for making this trip possible.

Bel Griffiths, Linton: "Thank you for an excellent evening on October 1st. It was thoroughly enjoyable and a perfect evening for the trip. The sun setting over the Cambridge rooflines was an unforgettable image. We enjoyed the music of our era, it enhanced a memorable trip with such a friendly crowd. Thank you from the Linton folk – **June Bunn, Bel Griffiths, Jean Ford & Pat Bouch.**"

Doreen & Rob Barter, Ely: "Thank you so much for arranging this. It was great! Your 'Team' did a marvellous job, it was a lovely evening and everyone sang and clapped along and enjoyed it. It was interesting seeing Cambridge from the river and getting our bearings and we were amazed that the rowers were still out after dark. Look forward to many more outings with you in 2010." **Margaret Hobbs**, Caldecote says "What a fantastic way to celebrate age and shake all the blues away – it was a happy evening for all – let's do it again!" COPE thanks all those who donated some lovely raffle prizes – including **Scotsdales** for the £5 voucher - and Barry Hobbs who sang; and Lyn Lawson, Margaret Hobbs, Carol Bailey, Robert & Eta Sanderson who helped in many ways. £104 was raised. (Photos on the "Riverboat Georgina" taken by Robert Sanderson)

Why is it that doctors call what they do 'practice'?

Local Policing Plan

Cambridgeshire Police Authority has just published its 2009-2012 Local Policing Plan. This three-year rolling plan sets out what is expected of Cambridgeshire Constabulary in terms of tackling national and local priorities. It provides an overview of the resources available, how these will be used and specifies how Cambridgeshire Constabulary's performance will be monitored against the new confidence measure in partnership with our local authorities. The plan is available in libraries across Cambridgeshire as well as online at www.cambs-pa.gov.uk/policies.cfm.

For the first time ever we are hoping, next year, to include a 'People's Priority' in the Policing Plan. This will be decided from the feedback we receive from people like you about what you believe our efforts should be focused on. What would you like the priority to be? Again, your views are important to us and will help shape policing in the county. If you have an opinion let us know as we want to hear it.

To give feedback on the Policing Plan or register your views for the 'People's Priority' please visit https://www.cambs-police.co.uk/policingplansurvey/ to fill in the questionnaire, or return the survey form included with this letter. The deadline for responses is 23rd November 2009.

Cambridgeshire Police Authority are still looking for volunteers to take part in an **Act Now** workshop. This is an interactive role-play, counter terrorism training exercise, where individuals that take part will be taken to the fictitious town of Sandford. There they will be faced with a situation where a terrorist incident is about to or has taken place. Decisions taken by the group shape the way the incident is investigated, dealing with community members, the media and the families who may have been arrested along the way. Taking part gives the group (who will be asked to play the role of the police) an insight into the decisions the police have to make in extreme situations and will ultimately give them a better understanding of Counter Terrorism procedures. It will also demonstrate how communities can work together to defeat terrorism. This promises to be a very thought provoking session with lots of opportunity for discussion. If we receive sufficient interest we will schedule the event for November.

Nonsense rules forcing adults to register with Ofsted before looking after their friends' children may be scrapped amid claims that they 'defy common sense'. The rules do not apply to grandparents babysitting.

Older People with Dementia (**Anne Campbell**, COPE member & Chair of the Cambridgeshire & Peterborough NHS Foundation Trust)

Everybody knows that dementia is a condition that becomes commoner as people get older. Most dementia is due to Alzheimer's disease and most of the rest to vascular disease of the brain. In the UK there are around 700,000 people with dementia, which equates to about 3,000 in the southern half of Cambridgeshire. Most people with dementia are living at home though it is true that a large proportion (about 2/3) of care home residents have some degree of dementia. Supporting people with dementia to live at home is central to health and social care. Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) plays its part in the specialist assessment and diagnosis of dementia, offering anti dementia drugs where appropriate, and providing support and advice to people with dementia and their carers.

Older people are of course more likely to have physical health problems and may need to be admitted to hospital for such problems, so over half of acute hospital beds are occupied by people over the age of 65. People with dementia are especially likely to have longer admissions as there may be concerns about their safety when they return home or it may be agreed that they need to move into a care home. Of course being in hospital for prolonged periods carries certain risks, such as falls or losing one's personal care skills. CPFT already works closely with Addenbrooke's to help with the management of patients with dementia and often to advise about suitable placements. What we are now proposing to do is to take a more active role in this process so that we can help reduce the time that people with dementia and other mental health problems spend in hospital. If at all possible we can help them to return home and continue their lives where they left off before becoming ill. That must be the best outcome for everyone. (Photo shows Anne with Robert, Dorrie Jones, Barry Hobbs & Bernie Gold)

Phishing scams in which fake websites were used to trick people to reveal their username and password – if you have a hotmail or Gmail email account **change your password immediately**.

Why didn't Noah swat those two mosquitoes?

The county's **Citizens Advice Bureaux** has launched **Advicehub**, a new project aimed at giving people in Cambridgeshire better access to free legal advice. CAB will use mini hubs (a group of "one-stop shop" advice centres) around the county, touch-screen kiosks and online technology to provide information for people in need – one in three of all cases handled is debt related. CAB offices in Cambridge, Huntingdon, Fenland and Ely are among those taking part.

Blind and visually impaired people can find out about helpful gadgets such as talking microwaves and vibrating banknote detectors. For advice call **Camsight** on 01223 420033 or 0800 915 4666.
The Royal National Institute for the Blind helpline is 030 123 9999; and
The Macular Disease Society number is 0845 241 2041

A new telephone 'scam' has arrived – a warning from **Jim Haskins**
I received a call from a 'representative' of BT, informing me that he was dis-connecting me because of an unpaid bill. He demanded payment immediately of £31.00 , or it would be £ 118.00 to re-connect at a later date. The guy wasn't even fazed when I told him I was with Virgin Media, allegedly VM have to pay BT a percentage for line rental! I asked the guy's name - the very 'English' John Peacock with a very 'African' accent - and phone number - 0800 0800 152.
Obviously he realized I wasn't believing his story, so offered to demonstrate that he was from BT. I asked how & he told me to hang up & try phoning someone - he would *dis-connect* my phone to prevent this. AND HE DID!! My phone was dead - no engaged tone, nothing - until he phoned me again. Very pleased with himself, he asked if that was enough proof that he was with BT. I asked how the payment was to be made and he said credit card, there & then.
I said that I didn't know how he'd done it, but I had absolutely no intention of paying him, I didn't believe his name or that he worked for BT. He hung up. I rang 1471 and phoned his fictitious 0800 number - not recognised! I phoned the police to let them know, I wasn't the first! It's only just started apparently but it is escalating. In fact the scammer had put his phone on mute to stop me from calling. ***Their advice was to let as many people know by word of mouth of this scam. The fact that the phone does go off would probably convince some people it's real, so please make friends & family aware of this.***

Graham Clarke from Cambridgeshire Trading Standards gives the following advice:
"Unfortunately many scams originate from outside the EU and are difficult to deal with. So we prefer to educate consumers on how to avoid getting caught and where to report them. Anyone receiving an unsolicited call from a stranger asking for any personal information such as name, address, bank, credit card, account details should not trust the caller, you must not give out any information and then politely hang up.

There is generic scam advice available and I have copied the link to below http://www.consumerdirect.gov.uk/watch_out/Scams/
Anyone wishing to report a scam should contact Consumer Direct on 08454 04 05 06 or email via their website www.consumerdirect.gov.uk"

Harold was an old man - he was sick and in the hospital. (by **Anthony Barraclough**, St Ives)
There was one nurse that just drove him crazy. Every time she came in, she would talk to him like he was a little child. She would say in a patronizing tone of voice, 'And how are we doing this morning', or 'Are we ready for a bath', or 'Are we hungry?'

Old Harold had had enough of this particular nurse. One day, at breakfast, Old Harold took the apple juice off the tray and put it in his bedside stand.

Next, he was given a urine bottle to fill for testing. So you know where the juice went! The nurse came in a little later, picked up the urine bottle and looked at it. 'My, it seems we are a little cloudy today. '

At this, Old Harold snatched the bottle out of her hand, popped off the top, and drank it down, saying, 'Well, I'll run it through again. Maybe I can filter it better this time.'

The nurse fainted! Old Harold just smiled! DON'T MESS WITH 'OLD' PEOPLE!

The happiest people don't have the best of everything.
They just make the best of everything that they have.
Recognise the difference between having and living

First, I was dying to finish school and start University
And then I was dying to finish University and start working
Then I was dying to marry and have children
And then I was dying for my children to grow old enough so I could go back to work
But then I was dying to retire
And now I am dying....
And suddenly I realised I forgot to live

Please do not let this happen to you
Appreciate your current situation and enjoy each day ..... from an old friend, **Sheila Bracken**

To make money we lose our health
And then to restore our health we lose our money...
We live as if we are never going to die
And we die as if we never lived....

Life is very short, so break your silly ego, forgive quickly, believe
Laugh loudly and never avoid anything that makes you smile.

Perhaps you may like to know what Mahatma Ghandi once said about the 7 human phenomena that will destroy mankind (sent in by **James Lee**):

1. Politics without principle
2. Business without ethics
3. Pleasure without conscience
4. Science without humanity
5. Knowledge without character
6. Wealth without work
7. Religion without sacrifice

COPE members enjoying the 2009 Mid-Autumn Festival Celebrations at the Cambridge Chinese Community Centre. COPE Executive member, James Lee, was on the drums during the Traditional Lion Dance.

A bystander can recognize a stroke by asking three simple questions:
S *Ask the individual to SMILE.
T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today.)
R *Ask him or her to RAISE BOTH ARMS.
If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.
New Sign of a Stroke -------- Stick out Your Tongue
NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

The Unsung Hero Award at the Cambridge News Community Awards 2009, was awarded to COPE Executive member, **David Jordan**, March

A very **Big Welcome** to COPE member
Number 2,500, **Alex Morrow**, from Huntingdonshire

Why does the sun lighten our hair, but darken our skin?

Snippets from the post and news items - Send in your letters to the Editorial team

Rhona Boorman asks for your comments: "Which is your favourite section in the COPE Newsletter?" "Robert and I would also like to thank you for your support and good wishes concerning our daughter who has not been well."

Sue Young, Godmanchester wrote: "I now know you have a Hunts representative, which is great!"

Anon emailed: "My experience was that PALS were not only useless they were very much on the side of the Hospital and I am sure no action was taken as a result of our numerous complaints. If anything wants to be investigated its PALS not the nurses. I always think that at Addenbrookes there always seem to be hundreds of people rushing about clutching bits of paper and looking worried, if the NHS was managed properly most of the Administrators would be out of a job, they are only there in case the Hospital gets sued!"

Mr Angry from **East Cambs** emailed "It is indeed sad but the most difficult bit is that when the publicity has died down, patient care will all return to normal and that's just not good enough. There are too many administrators in the NHS and not enough managers. I spent yesterday with my sister who is a senior NHS manager and she is tearing her hair out with the useless interference she has to suffer from people whose main concern is their pensions and job security. This monster was created when all that money was chucked at the Health Service some ten years ago, with a bit of luck we will not be around to reap the whirlwind, which will be, sooner rather than later."

Cambridge News reported: "National Patient Safety Agency (NPSA) reveal that NHS errors in Cambridgeshire caused death and injury in a six-month period up to April this year. Medication issues were involved in 16% cases, while treatment or procedures were the key factors in 13%."

COPE member & City Cllr **Lewis Herbert**, emailed: "We need to progress the need for Smart Cards."

Colin Macer, Bar Hill emailed: "Last edition referred to restrictions on certain items using the B&Q Discount Wednesdays Card. The Cambridge **Focus** store easily reached from Cambridge Railway Station forecourt - plenty of buses - offers a free Over 60's Privilege Discount Card which gives **10%** on **Everything - Everyday** and it gets better, on a regular basis they run a 'promotion' upping the discount to **15%**"

Cambs County Cllr Tony Orgee said in conversation: "COPE has excellent communication skills."

Ellen-Grace Halsall emailed: "My 4 years-old washer/dryer has started depositing small black spots on my washing (very annoying when this happens on new white tops!) and I wondered if there is a COPE recommended person who could come and take a look at what causes the problem and get rid of it?"

Ian Alexander, Dry Drayton emailed: "Regarding a recent recipe for strawberry jam; I wonder why we need to cover with waxed paper discs? If you buy "shop" jam it does not have any discs? Also puzzled who has leftover wine to freeze? Mine seems to get drunk!"

Margaret Hobbs, Caldecote wrote: "Oops! Thanks to Martin Mann of Milton, for providing us with so many dates on when there was or was not a full moon – COPE Newsletter No 60, page 12. The "Did you Know" corner welcomes contributions from all COPE members."

Ruth Humphries, Cottenham emailed: "Do you have Reflex Sympathetic Dystrophy (CRPS-fibromyalgia)? I would like to start up a support group to meet monthly for social get-togethers. If you are interested please call on 01954-200552."

Mrs Winter: "In response to my query regarding the Disability Living Allowance and Attendance Allowance, the Minister for Disabled People, referred to the recently published Green Paper with a number of consultation questions on the reform of adult care and support - *Shaping the Future of Care Together.* For more details about the consultation process, which will run until 13 November, look at www.careandsupport.direct.gov.uk. If you wish to contribute to the public debate email careandsupport(a)dh.qsi.gov.uk or write to: Care and Support Team, Room 149, Richmond House, London SW1A2NS."

Eric Haylock writes: "I have a 13-step, 18 month old, Acorn Stairlift for sale. It is a left hand fixing. Telephone 01223 570751

I am not a complete idiot----some parts are just missing

Celia Kenney

B.Sc. (Hons) Podiatry, M.Ch.S, S.R.Ch
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Will readers, please note that COPE does not investigate or make any recommendation regarding any products or services advertised in this newsletter. Editorials regarding services are likewise not intended as recommendations from COPE. We cannot therefore be held liable for any differences that may arise between companies and clients. As with any services or tradesmen you deal with, you are advised to be circumspect

All items are considered, however the Editorial Team reserves the right to amend articles where necessary. The Editor regrets that it is not normally possible to enter into correspondence with individual readers and all letters, emails and other submissions received are assumed to be for publication

COPE has a signed up membership of over **2,500. Your local COPE member** will help highlight issues to the COPE Executive on your behalf – for Cambridge City (**Barbara Megson**, Cambridge South – 01223 571342 and **Jenny Taylor**, Cambridge North - 01223 321503); East Cambs (**Nigel Davies** – 01353 721037); Fenland (**Mavis Cooper**, Chatteris – 01354 692867 and **David Jordan**, March – 01354 655786); Huntingdonshire (**Angie Walters** – 01480 300726 and **Gerald Collins** – 01480 370808); Peterborough (**Mary Cooke** – 01733 391736); South Cambs (**Margaret Hobbs** – 01954 210652) If you would like help COPE to hold your District Councils to account or you would like to arrange to meet for lunch, pub quiz or help to organise other events in your area then please contact Rhona on 01223 364303 or your local COPE representative.

Please support COPE's work financially by taking out an advert in one of our Newsletters

Advertising Rates Please send advertising requirements with a cheque made payable to "COPE" to the Editor	To insert pre-printed leaflets/flyers on quotation (Special rates for Charities)	Full Page	Half Page	Quarter Page
	Per Issue	£70	£40	£25
	Annual Rate on request			

A late entry from **EngAGE** Chairman, Bill Harris (National Federation of Forums) – this is the first of a series of 3 short articles illustrating the deficiencies of the current **UK pension system** - the changes needed to rectify these deficiencies and an exploration of how these changes might be financed.

We refuse to accept that our recommendations are not affordable, as a result of the bravery displayed by the House of Commons when they made generous changes to their own pension arrangements some three years ago.

We are informed that we are all living longer and that our demands on society are continually growing, a growth that can no longer be afforded by the working population – we are left with the impression that we senior citizens should be ashamed of ourselves for living too long. Many of us remember the days when absence from work for any reason, even sickness, was vigorously opposed by employers.

The founders of the national pension always intended that pension contributions would be used solely for the provision of a retirement pension – past governments have failed to ring fence contributions solely for pension use and have used this money as their political "piggy bank".

The attitude of our politicians has always been one of tolerant dismissal, they need to realize that senior citizens represent in excess of 25% of the electorate – we will no longer be taken for granted nor denied our rights – we are not seeking 'charity' but we demand a decent return on our lifelong investment. We have paid our dues, paid our taxes, fought the nation's wars and fulfilled our patriotic duties – now we want a proper return. We are an increasing element of the community and we are beginning to organize ourselves in a way that governments must eventually recognize.

Suggestions, comments and general reactions from COPE members are very welcome.

Ever stop to think and forget to start again?

"OUR STRENGTH IS IN OUR NUMBERS" - 19

Thursday 11 February 2010, **Billy Elliott** at the **Victoria Palace Theatre** (top price tickets) Matinee Performance at **14.30 hours** at a very special rate of **£40.00 pp**. The price includes coach travel and theatre ticket, with morning at leisure in London for shopping/lunch. Cheques can be made payable to '**RICHMONDS COACHES**'. They also take all major credit and debit cards. Bookings can be made direct with Richmond Coaches, and they will send each passenger a booking confirmation. Theatre tickets will be allocated and given to each passenger on the day by the driver. Coach pick-up times: Ely 9 a.m.; Mansel Way 9.30 a.m.; Mill Road 9.45 a.m.; Anstey Way 10 a.m.; London 11.30 a.m.

Contact: **Natalie Richmond**, Tour and Excursions Manager, Richmonds Coaches, The Garage, Barley, Royston, Herts SG8 8JA. Tel: 01763 848226 (Prizes for **Raffle** in aid of COPE funds are welcome on the trip)

Prizes for **Raffle** in aid of COPE funds are welcome for the **Christmas Seaside Special** to **Cromer**

Advertisement for EVENTS and TRIPS run by COPE members
Gerald Collins (01480 370808) – Wicksteed Park 26/11; **Joan Price** (01223 243643); **Jean Stevens – BT excursions** (01223 502653); fortnightly events at Salisbury Club - **Sue Holt** (01223 213923) and **John Woodhouse** (01223 249378) seaside trips. Free concerts for Seniors during Cambridge Music Festival- tel: Gillian Perkins on 01223 350544. Members in East Cambs, Fenland, South Cambs and Huntingdon who organise or who know of future trips/events are invited to advertise in this Newsletter

Want to sing - telephone **Angie Walters**, St Ives on 01480 300726;
♦ **Short Mat Bowls** - ring **Cyril Pitts**, St Ives on 01480 399830 for more information or just come along on a Monday at 2pm (except Bank Holidays)

Socials for singles aged over 50 – telephone **Jean Talbot** on 01223 410309
♦ **Friendship Club** monthly meetings – telephone **Tony Cassidy** on 01223 812605

Healthy walks - telephone **Trevor Grigg**, Whittlesford on 01223-834500 for information;
♦ **Cambridge Breathe Easy** - telephone **Jean Sleap**, Waterbeach on 01223 697439;
♦ **Yoga** at Harston Village Hall on Friday mornings – for details and a free taster session contact **Veronica Goswell** on 01223 503088

Scrabble - 2nd Wednesday of the month – **November 11th** 2 – 4 p.m. at Denis Wilson Court, Porson Road. (telephone **Jean Stevens**, Trumpington on 01223 502653) (Dartboard available)

Chinese Birthday Lunch – **November 26th** at 1 p.m. - at the Cambridge Chinese Community Centre - £3 **Telephone Jonathon** on **01223 365228 to book** - Free for November birthday members!

COPE **singles lunch for ladies & gentlemen** on Sunday **November 15th** at 12.00 noon at The Hungry Horse, Milton Road, Cambridge – 3rd Sunday of the month. Telephone **Jean Farrington** on 01223 503867 or **Shirley Allanson** – 01223 423905 to book.

COPE ***PUB QUIZ*** Night organised by **Alan Giles** – the October winner will be the Question Master in **November 29th** at 7 p.m. at The Carlton Arms. Congratulations to all the raffle prize winners.

Above Events will resume in January 2010

The COPE Badge, as worn by COPE registered Member Number 1 Franc Johnson (£1 each). Size and shape

Web: www.cambridgecope50.org Email: cambridgecope@hotmail.co.uk Registered Charity No. 1110887
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Grants from Cambridgeshire County Council HELP THE AGED WE WILL Working With Cambridgeshire NHS Primary Care Trust Age Concern Cambridgeshire NPC

"OUR STRENGTH IS IN OUR NUMBERS" - 20